

## NUTRITION EDUCATION LESSON PLAN

### Local WIC Provider:

Lesson Title: Family Meals – Easy, Tasty and Healthy! (Loving Your Family Feeding Their Future)	Developed by: USDA, FNS      Date: Jan-07 Reviewed by: <local agency nutritionist name>      Review Date:
Other (document FNEP in general notes) and MOWINS NE topic(s): Family Mealtime	<input type="checkbox"/> Individual Counseling Session <input checked="" type="checkbox"/> Group Session
Target Population*: Women and Children	<input checked="" type="checkbox"/>

### Learning Objective(s):

Identify and use at least 2 timesaving or low-cost ways to prepare healthy family meals. Identify 2 tasks children can do to help prepare a family meal.

### Learning Activities:

Participants discuss how to use timesaving or low-cost ways to prepare healthy family meals and how to involve children in the preparation of family meals. Participants play Make a Meal game.

### Content:

How preparing family meals can be low-cost, easy to prepare and include children as helpers.

### Methods, Materials, and Equipment

Recipes

Est. Cost:

### Evaluation Method: